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COVID-19 infections and hospitalizations have increased in the past few weeks. Levels of virus in wastewater collected by MWRA, while starting to decline, is still elevated. In order to address these issues and as summer and holidays approach, the Lexington Board of Health strongly recommends the following:

- Wear masks in public indoor spaces;
- Stay home when you are not feeling well;
- Stay up to date with COVID 19 vaccine;
- Get tested to prevent spread of COVID 19 virus to others;
- Follow Isolation and Quarantine guidelines as appropriate;
- Increase ventilation – open windows and use fans;
- Conduct activities outdoors, when possible;
- Open windows in vehicles and on buses.

Per the CDC, COVID-19 vaccines are highly safe and effective, and significantly lowers your risk of severe illness, hospitalizations, and death. However, like all vaccines, COVID 19 vaccines are not 100% effective at preventing all infection. Some people, who are up to date with their vaccines, could still develop breakthrough disease and spread the virus to other people.

Staying up to date with COVID-19 vaccination also means you are less likely to spread the disease to others and increases your protection against new variants of SARS-CoV-2, the virus that causes COVID-19.

Learn more on how to protect yourself and others:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.mass.gov/covid-19-updates-and-information>

*Wendy Heiger-Bernays*

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